

List of All Chemicals

P Cimicifuga dahurica (Ranunculaceae)

Common name(s)

Sheng Ma

How used

Medicinal

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Plant Part	Low PPM	High PPM	StdDev	*Reference
12-HYDROXYCIMIGENOL	Rhizome	--	--		*
12-HYDROXYCIMIGENOL-XYLOSIDE	Rhizome	--	--		*
24-O-ACETYLISODAHURINOL	Rhizome	--	--		*
3-(3'-METHYL-2'-BUTENYLIDEN)-2-INDOLINONE	Rhizome	--	--		*
CAFFEIC-ACID	Rhizome	--	--		*
Activities (102)					
Aldose-Reductase-Inhibitor 4 ug/ml (weak activity)		Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. Sankyo Kenkyusho Nempo, 43: 99-110.			
Allergenic					
Analgesic					
AntiHIV EC50=200 ug/ml					
AntiLegionella					
Antidiaboviral		Economic & Medicinal Plant Research, 5: 207.			
Antiaggregant		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Antiaging					
Antiatherogenic					
Antibacterial					
Anticancer					
Anticarcinogenic		Economic & Medicinal Plant Research, 6: 189.			
Antidepressant					
Antiedemic		Economic & Medicinal Plant Research, 6: 189.			
Antielastase IC50=93 um/l					
Antielastase IC50=86 ug/ml (475 uM)					
Antiescherichic					
Antiflu		Economic & Medicinal Plant Research, 5: 207.			
Antigonadotropic		Jim Duke's personal files.			
Antihemolytic 25 uM		Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. Phytochemistry. 36(3): 579-583. 1994.			
Antihepatoadenomic 200 ppm diet orl mus					
Antihepatotoxic					
Antiherpetic 50 ug/ml					
Antiherpetic EC50=>50 ug/ml					
Antihistaminic					
Antihypercholesterolemic		Economic & Medicinal Plant Research, 6: 189.			
Antihyperthyroid					
Antiinflammatory					
Antileukemic		Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.			
Antileukotriene					
Antimelanogenic					
Antimutagenic		Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.			
Antinitrosaminic		Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.			
Antiophidic					
Antioxidant 50 uM					
Antioxidant IC57=30 ppm					
Antioxidant 1/3 quercetin					
Antioxidant 30 mM					

Antioxidant 1/2 BHA	
Antiperoxidant IC50=44 uM	Planta Medica, 57: A54, 1991.
Antiperoxidant IC35=200 ug/ml	
Antiperoxidant IC85=100 ug/ml	
Antiproliferant	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.
Antiprostaglandin	
Antiradicular 10 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. Phytochemistry. 36(3): 579-583. 1994.
Antiradicular 1/3 quercetin	
Antiradicular 30 mM	
Antiradicular IC50=32-35 uM	
Antiseptic	
Antispasmodic EC50=3.4-15 uM	Phytotherapy Research, 4: 73.
Antistaphylococcal	
Antistomatisic	Economic & Medicinal Plant Research, 5: 207.
Antisunburn	
Antithiamin	Phenolic Compounds in Food and Their Effects on Health, 69.
Antithyroid	Jim Duke's personal files.
Antitumor 200 ppm diet orl mus	
Antitumor (Skin)	
Antitumor-Promoter IC42=10 uM	Cancer Research, 48: 5941.
Antiulcerogenic	
Antivaccinia	Economic & Medicinal Plant Research, 5: 207.
Antiviral IC50=62.5 ug/ml	
Anxiolytic	
CNS-Active	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
COX-2-Inhibitor IC32=100 uM	
Calcium-Antagonist IC50=1.2 uM rbt	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic 2% (diet)	
Chemopreventive	
Cholagogue	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Clastogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Co-carcinogenic	
Collagen-Sparing	
Cytoprotective	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Cytotoxic TC50=200 ug/ml	
DNA-Active	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
DNA-Protective	
Diuretic	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Fungicide MIC=0.4 mg/ml	
Hepatocarcinogenic 400 ppm diet orl mus (in the absence of alcohol)	
Hepatoprotective	Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 210.
Hepatotropic	
Histamine-Inhibitor	
Immunostimulant	
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Leukotriene-Inhibitor	
Lipoxygenase-Inhibitor IC27=5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Lipoxygenase-Inhibitor IC50=62-148 uM	
Lyase-Inhibitor IC50=94-164 uM	
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Pesticide	
Prooxidant	
Prostaglandigenic	
Sedative 500 mg	
Sunscreen IC50=2.5 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. Fitoterapia 64(2): 134-136, 1993.
Sunscreen IC91=5 mg/l	Lazarova*. G.. Kostova. I.. Nevchev. H. 1992. Photodynamic damage prevention by some hydroxycoumarins. Fitoterapia 64(2):

Sunscreen IC98=25 mg/l Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. *Fitoterapia* 64(2): 134-136, 1993.

Tumorigenic

Vulnerary

Xanthine-Oxidase-Inhibitor IC50=39.21 uM

CALCIUM

Rhizome

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9750.0

0.61

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Activities (28)

AntiPMS 1 g/day

Antiallergic 500 mg/day

Antianxiety

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antiarrhythmic 500-1,500 mg

Antiarthritic 1,000 mg/day

Antiatherosclerotic 500 mg/day

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Anticlimacteric 1,000-1,500 mg/day

Antidepressant

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antidote (Aluminum)

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antidote (Lead)

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antihyperkinetic

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antihypertensive

Antiinsomniac

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antimenopausal 1,000-1,500 mg/day

Antiobesity

Antiosteoporotic 500-2,000 mg/day

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antiperiodontic 750 mg/day

Antirheumatic 1,000 mg/day

Antistress 500-1,500 mg/day

Antitic

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Anxiolytic 500-1,500 mg/day

Calcium-Channel-Blocker

Diuretic

Hypocholesterolemic 500 mg/day

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Hypotensive 1 g/day

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Laxative 1,000-1,200 mg

Tranquilizer 500-1,500 mg/day

Vasodilator

CIMIGENOL

Rhizome

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CIMIGENOL-XYLOSIDE

Rhizome

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COPPER

Rhizome

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8.0

-0.57

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Activities (12)

Antianemic

Antiarthritic

Antidiabetic 2-4 mg/day

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antifatigue

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antiinflammatory

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antinociceptive

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antiosteoporotic

Cardioprotective

Martindale's 28th

Contraceptive

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Hypocholesterolemic

Immunomodulator

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Schizophrenogenic

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

DAHURINOL

Rhizome

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FERULIC-ACID

Rhizome

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Activities (61)

Allelopathic

Holappa, L.D., and Blum*, U. 1991. Effects of Exogenously Applied Ferulic Acid, a Potential Allelopathic Compound, on Leaf Growth, Water Utilization, and Endogenous Abscisic Acid Levels of Tomato, Cucumber, and Bean. *J. of Chemical Ecology*, 17(5): 865.

Analgesic

Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 69.

Antiaggregant

Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. *Chem. Pharm. Bull.* 38(6): 1620-1623, 1990.

Antiarrhythmic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Anticancer (Colon)	
Anticancer (Forestomach)	
Anticancer (Liver)	
Anticancer (Skin)	
Anticarcinogenic	
Antidysmenorrheic	
Antiestrogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antiherpetic	
Antiinflammatory	Hagerman, A.E. <i>Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health,</i> Ch.19.
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med,</i> 31(1):37-46.
Antimitotic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London.
Antimutagenic	Ki Soon Rhee. <i>Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health,</i> Ch.18.
Antineoplastic (Stomach)	
Antinitrosaminic	Ki Soon Rhee. <i>Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health,</i> Ch.18.
Antioxidant 3,000 uM	
Antioxidant IC51=200 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 1/2 BHA	
Antioxidant EC50=9-15 ug/ml	
Antiradicular EC50=9-15 ug/ml	
Antiradicular IC50=116-124 uM	
Antiserotonin	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antispasmodic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antithrombic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Forestomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC46=10 uM	Cancer Research, 48: 5941.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research.</i> Wiss. Verlag. Stuttgart.
Arteriodilator	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Cardiac	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cholagogue	Pharmazie, 46: 156, 1991.
Choleretic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp.
Hepatoprotective	Mills, Simon and Bone, Kerry. 2000. <i>Phytotherapy.</i> Churchill Livingston, Edinburgh.
Hepatotropic	
Herbicide	Angewandte Botanik 68(5/6)=1994. Page 195.
Hydrocholerectic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Hypolipidemic	
Immunostimulant	Economic & Medicinal Plant Research, 1: 124.
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. <i>Phenolic Compounds in Food and Their Effects on Health,</i> Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. <i>Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health,</i> Ch.19.
Pesticide	
Phagocytotic	
Preservative	Merck 11th Edition

Prostaglandin-Synthesis-Inhibitor 0.58-3.2 mM Xu, L. N., Yu, W. G., Tian, J. Y., Liu, Q. Y. 1990. Effect of Sodium Ferulate on Arachidonic Acid Metabolism. *Yao Hsueh Hsueh Pao*, 25(6): 412-416.

Sunscreen Chemical Marketing Reporter; a weekly tabloid, 9/10/92.

Uterosedative 30-100 mg/kg ivn rat Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. *Chem. Pharm. Bull.* 38(6): 1620-1623, 1990.

IRON

Rhizome

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680.0

0.97

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Activities (6)

Antiakathisic Martindale's 29th

Antianemic Martindale's 29th

Anticanker

Anticheilitic Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antimenorrhagic 100 mg/day/wmn/orl Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Prooxidant

ISODAHURINOL

Rhizome

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ISOFERULIC-ACID

Rhizome

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Activities (4)

Antiedemic

Antiinflammatory

Antioxidant IC50=189-193 uM

Hypothermic Williamson, E. M. and Evans, F. J., *Potter's New Cyclopaedia of Botanical Drugs and Preparations*, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.

MAGNESIUM

Rhizome

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1450.0

-0.2

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Activities (65)

AntiCFS

AntiLyme 400-1,000 mg

AntiMS

AntiPMS 400-800 mg/day/wmn/orl

AntiPMS 400-800 mg/day/wmn orl

AntiRaynaud's 280-350 mg/day

Antiaggregant 400 mg/day

Antialcoholic

Antianginal 400 mg/day

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antianorectic

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antianxiety 400 mg/day

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antiarrhythmic 400 mg/day

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antiarthritic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiasthmatic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiatherosclerotic 400 mg/day

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Anticephalagic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Anticlimacteric 500-750 mg/day

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Anticonvulsant

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Anticorony 400 mg/day

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. *Syndrome X - The complete nutritional program to prevent and reserve insulin resistance*. John Wiley & Sons, New York. 272 pp. \$24.95

Antidepressant

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antidiabetic 400-800 mg/man/day

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antidysmenorrheic 100 mg 4 x/day

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antiedometriotic 500 mg/day

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antienterotic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiepileptic 450 mg/day

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antifatigue

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antifibromyalgic 200-300 mg 3x/day

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antigastric

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiglaucomic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antihyperkinetic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antihypertensive

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antihypoglycemic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiinflammatory 100 ma 4

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York. 443 pp.

Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimiral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplaque 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MANGANESE

Rhizome -- 74.0 -0.34 *

Activities (14)

AntiPMS	
Antialcoholic	Forest H. Nielsen, USDA, Grand Forks, various publications.
Antianemic	Martindale's 28th
Antiarthritic	
Antidiabetic 3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic 10-30 mg/man/day	
Antidiscotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidyskinetic	Martindale's 28th
Antiepileptic 450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antosteoporotic	
Antitoxic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant	
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 10-30 mg/man/day	

NORVISNAGIN

Rhizome -- -- *

PHENOL-CARBOXYLIC-ACID

Rhizome -- -- *

POTASSIUM

Rhizome -- 18600.0 0.63 *

Activities (14)

Angiotensin-Receptor-Blocker	
Antiarhythmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antispasmodic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antistroke	
Anxiolytic	
Beta-Blocker	
Cardioprotective 3,000-5,000 mg	
Cardiotoxic 18,000 mg/man/day	
Diuretic	
Hypotensive	
Vasodilator	
SODIUM	Rhizome -- 85.0 -0.53 *
Activities (1)	
Hypertensive	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
VISAMMINOL	Rhizome -- -- *
Activities (1)	
Anticonvulsant	
VISNAGIN	Rhizome -- -- *
Activities (1)	
Vasodilator	Pakistan Encyclopedia Planta Medica. 1986.
ZINC	Rhizome -- 18.0 -0.39 *
Activities (77)	
ACE-Inhibitor	
Analgesic	
AntiBPH 25-60 mg/day	
AntiCrohn's	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
AntiHIV	
Antiacne 135 mg/day	
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th
Antialcoholic	
Antialopeptic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antialzheimeran 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiangiogenic	
Antianorexic	Martindale's 29th
Antiarthritic 50 mg/3x/day/orl/man	
Anticanker 100 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Anticataract 30 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Anticoeliac	Martindale's 28th
Anticold 50 mg	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Anticolic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Anticoronal 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reverse insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reverse insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antilepric	Martindale's 29th

Antilymphomeric	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antiobesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antiosteoporotic	
Antiperiodontic	
Antiplaque	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antispare-Tire 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antistomatitic 50 mg/man/3x/day	Martindale's 28th
Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitin 60-120 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	
Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Leptogenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. <i>J. Pharm. Pharmacol.</i> 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Testosteronogenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th